



By: Kwaku Darko (<http://omgvoice.com/authors/?geoip&country=GH#brantiin>) | 26 Day(s) ago

Before we delve into the types of Ghanaian foods to eat if you want to have a good erection, let's first understand how we get erections.

According to the National Kidney & Urological Diseases Information Clearinghouse.

“ *An erection occurs when the blood vessels of the corpora cavernosa relax and open up, blood rushes in through the cavernosus arteries to fill them. The blood then gets trapped under high pressure, creating an erection.* **”**

With this process, you realise how important your blood is when it comes to an erection and so if you really value your erection, it will be better to do away with junk food and avoid bad cholesterol as much as you can. This is because any food you eat that contains too much bad cholesterol is going to gradually block your veins and arteries and this at the long run will end up causing erectile dysfunction.


So it is important you eat food that can improve the free flow of your blood to enhance your erection.

If you're a man and you really value your erection, these are the best Ghanaian foods to go in for.

1. Garlic.

If you really value your erection, garlic will be your best friend in any dish you prepare. It is known to aid blood flow and has been praised for its ability to energise the body. It is also medicinal at many levels, the reason why you shouldn't joke with this wonder piece of vegetable.

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Preparing slow cooked lamb shanks for dinner tomorrow,
mmmmmmmm #slowcooker #garlic #onions #potato
#pumpkin #carrot #lamb #lambshank #foodporn

MAY 9

2. Kenkey With Hot Pepper Sauce.

Carbohydrate is good for you because we all know it gives energy, but that's not the focus here, the focus in this food is the sauce, the chilli pepper sauce that comes with the kenkey and it is the best combination you can get.

All of the chili peppers have varying doses of capsaicin, an alkaloid responsible for the 'heating' effect you feel after eating it. Capsaicin has been extensively studied for its nitric oxide boosting, circulation enhancing, and blood pressure dropping effects. Have you realised how you sweat after eating hot pepper? That's your system trying to tell you the pepper is really working on your body. And so if you value your erection, this is the food you shouldn't joke with.



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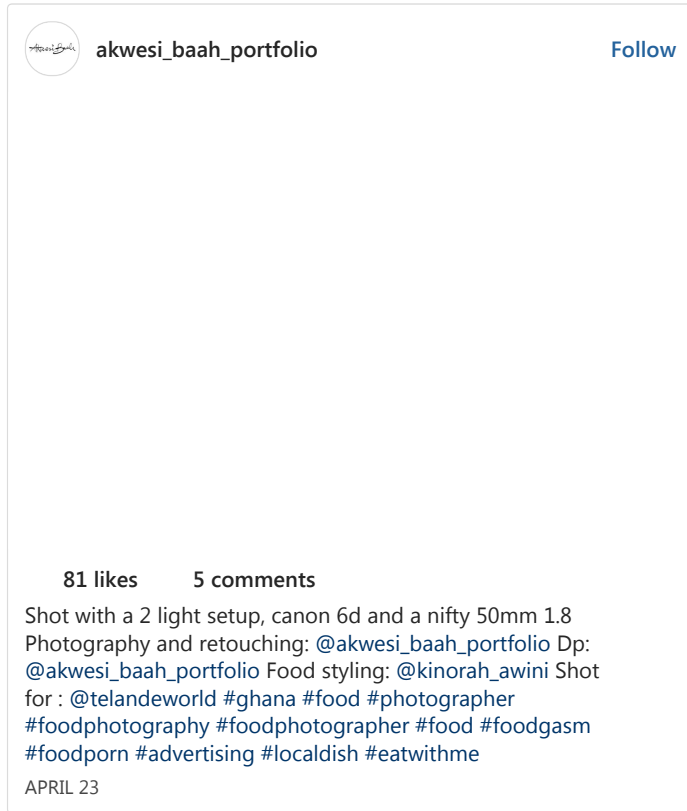
MAY 5

3. Ampesi With Kontonmire Stew.

Although plantain contains iron and it's among foods that aid male erection, green leaves surpass it. All green leaves including Kontonmire are best at giving erections and so whoever eats these foods is actually picking up a strong bout. What you also need to understand is that the dish also comes with all the other ingredients you will need to gain a strong erection which are: pepper, onions, garlic etc.

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4. Banku With Okro Stew.

Any food that comes with green leaves accompaniment or vegetable is best for a good erection, that's why you don't need to joke with Banku and okro stew, with the centre of attention here being the okro stew.

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Ghanaian Dinner! Whole grain oats banku with a deconstructed #okrostew (boiled okro and spinach with tomato stew) with an extra #shito to fire up taste buds and onions for crunch □□□□□. It's everything you want for that perfect #vegan #lowcarb #glutenfree meal ♥. #tgif #lowcarblifestyle #fresheating #nitenite __ #dinner #ghanaianfood #bankuandokrostew #oatsbanku #shito #veganfoods #goodfood #instafood #instapics #foodpics #foodphotography #katsfitlifestyle #healthylifestyle #homecook #ghanaianfitfoodie #fitnessgoals #mommyfit #fitmom #fitgram #ruokakuva

MARCH 31

5. Fufu With Abunuabunu Soup.

The Kantonmire also comes to play here and anywhere you find kantonmire, don't joke with it. There is also a combination of other vegetables that make this soup a unique dish for strong erections. [https://www.facebook.com/sharer.php?u=http://omgvoice.com/lifestyle/ghanaian-foods-good-erection/?geoip&country=GH&t=10 Ghanaian Foods You Shouldn't Joke With If You Value Your Erection](https://www.facebook.com/sharer.php?u=http://omgvoice.com/lifestyle/ghanaian-foods-good-erection/?geoip&country=GH&t=10%20Ghanaian%20Foods%20You%20Shouldn%27t%20Joke%20With%20If%20You%20Value%20Your%20Erection) [https://twitter.com/home?status=10 Ghanaian Foods You Shouldn't Joke With If You Value Your Erection](https://twitter.com/home?status=10%20Ghanaian%20Foods%20You%20Shouldn%27t%20Joke%20With%20If%20You%20Value%20Your%20Erection) [mailto:?subject=10 Ghanaian Foods You Shouldn't Joke With If You Value Your Erection&body=Checkout this site http://omgvoice.com/lifestyle/ghanaian-foods-good-erection/?geoip&country=GH](mailto:?subject=10%20Ghanaian%20Foods%20You%20Shouldn%27t%20Joke%20With%20If%20You%20Value%20Your%20Erection&body=Checkout%20this%20site%20http://omgvoice.com/lifestyle/ghanaian-foods-good-erection/?geoip&country=GH)

■ ■

Abunuabunu soup with plaintain fufu from @mukasechic. #ghanafood

#abunuabunu#233chow


(https://www.instagram.com/p/0x_p6ow39N/) A post shared by Evivi Food Festival (@evivi_food_festival) on Mar 28, 2015 at 11:18am PDT

”

6. Gari and Beans.

This dish is actually a combination of all the foods you need for a strong erection. It is one of the dishes that come with almost all the six food groups and contains everything you need. Adding avocado even makes it the best dish out there for strong erections, don't joke with it.

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Gabeans ne k)k)) ne paya (gari and beans with fried plantain and avocado) After two straight days of eating turkey and ham we are really enjoying this. __ #gariandbeans #korkor #kokoo #friedplantains #gari #blackeyedpeas #ghana #ghanaiancuisine #ghanafood #africa #westafrica #africancuisine #accra #kumasi #obuasi #atasteofhome #homemade #dodo #kwankyewaaskitchen #withapinchoflove

NOVEMBER 26, 2016

7. Fruits.

There are basically a lot of fruits in Ghana that are good for erections but we will mention the obvious ones so you know what to go in for. Fruits such as Banana, Avocado, Orange, Tiger nuts, Coconut, Watermelon etc. have been proven to aid erection and are very good for you.



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Breakfast of [#fruit](#), fresh juice, eggs and ham with a [#dessert](#) pastry awaited us every morning at the house of Irene, with whom we stayed. Our [#breakfast](#) was a [#privilege](#) afforded to us by our status as tourists. Fruit is scarce for the people of [#Cuba](#). [#Vegetables](#) even more so. [#Food](#) access is one of the many things directly affected by the [#embargo](#), through both expensive food products being imported from far away [#Europe](#) instead of their close neighbor, and the lack of tools, fertilizer and other essential needs for a productive [#agriculturalsystem](#). [#Tourism](#) is so important to the individual that they prioritize the fine treatment of [#guests](#) over their own [#nutrition](#). How do you [#travel](#)? [#foodjustice](#) [#endtheembargo](#) [#havanacuba](#) [#inequality](#) [#brokensystem](#)

MAY 9

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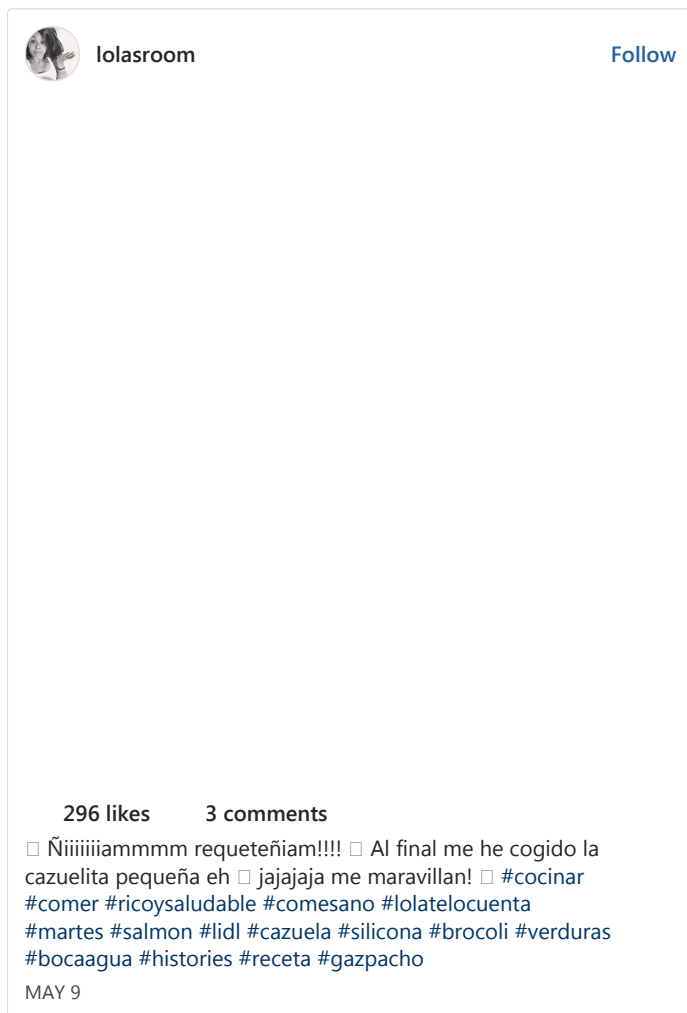

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Tuna is also another type of fish you can easily get on the Ghanaian market and shouldn't joke with them because they keep your arteries well oiled and gives you that perfect erection you always crave for.



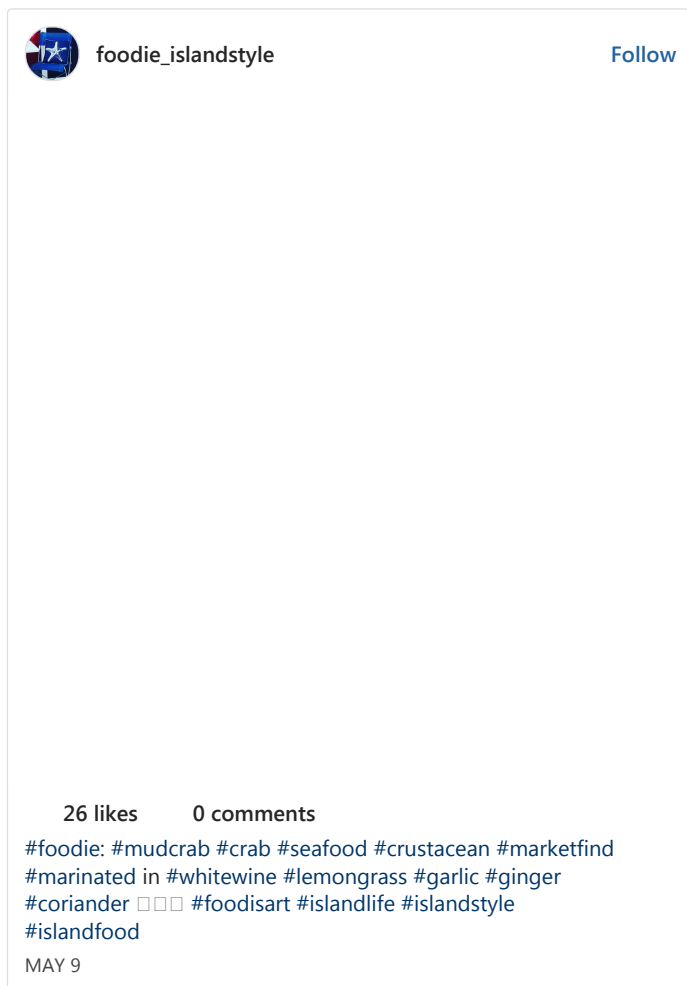
9. Crustaceans.

Seafood is also another great type of food for a good erection. Dishes made out of crustaceans such as Oysters, Shrimps, etc. are all good for you.

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10. Ofam.

Ofam is a dish made from ripe plantain and as we discussed earlier, all foods from the Musa family are good for erections. And so any dish made out of them is good for you and this includes Ofam.

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